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PASSOVER PERFECTION
A DELECTABLE HONEY COCONUT CAKE {page 20}



BOOKED
NICOLAS CAGE GETS ARRESTED
{page 17}



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HALIFAX metro®
Monday, April 18, 2011
www.metronews.ca
News worth sharing.

Jack is back in N.S.

Layton spends yesterday morning in Dartmouth and Halifax, afternoon in Bridgewater First leader to make two stops in HRM since election call

The start of Week 4 on the NDP campaign was a bit like a wedding: something old and something new.

The "something old" was leader Jack Layton's pledging yesterday afternoon as he campaigned in Bridgewater to introduce changes to the Criminal Code that would increase penalties for those convicted of abusing seniors.

What was new was the suggestion Layton's surgically repaired hip might, in fact, be even newer than he'd previously admitted.

During a visit to a bicycle shop in St. John's on Saturday, Layton's sister Nancy touched off a storm of speculation when she told the shopkeeper — mistakenly, it turned out — her brother had undergone a hip replacement.

Layton, who has been dogged by questions about his health almost from the outset of the campaign, tried to set the record straight.

"It's not a hip replacement," he said yesterday in Halifax, chalking up his sister's mistake to "inter-family confusion."

THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS



▶ NDP Leader Jack Layton raises a croissant he has for breakfast as Dartmouth-Cole Harbour candidate Robert Chisholm and Nova Scotia Premier Darrell Dexter look on yesterday.

Awards ceremony

ECMAs draw to a close

Antigonish rockers The Trews pick up Fan's Choice Video of the Year and DVD of the Year {page 5}

Local sports star



Nathan MacKinnon in demand {page 23}

More gunfire in Dartmouth

Two people sent to hospital yesterday morning; police investigating {page 3}

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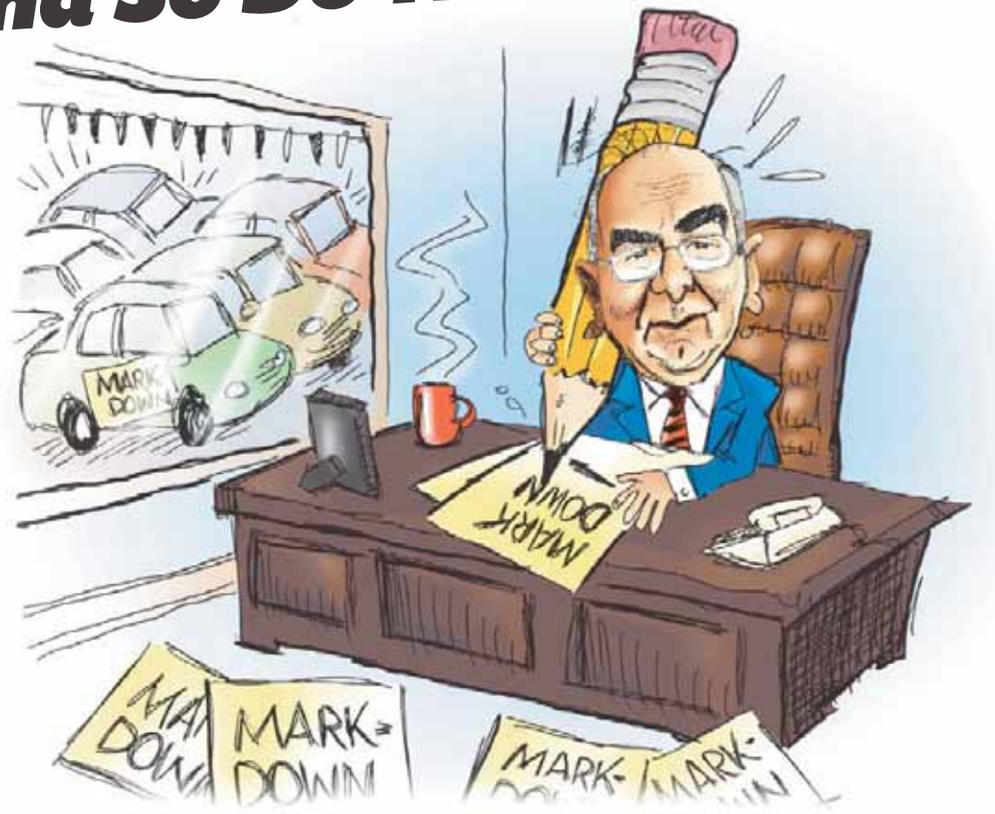
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HRM staff report cries fowl

Egg-laying hens are still not a good idea on the peninsula, according to a staff report.

HRM staff held a public consultation, conducted surveys and researched the issue of urban chickens, and delivered a report to the District 12 planning advisory committee.

Due to humane reasons, staff recommend keeping the bylaw in place, which prohibits backyard chickens.

"As with all animals, high-quality care and humane treatment of backyard laying hens is of great importance," reads the report.

Chickens come with their own issues. Rats and mice love chicken feed, and the manure, if not properly cleaned, is very smelly. Chickens also represent a public-health concern because they are susceptible to several diseases.

Next step

- The planning advisory committee is scheduled to meet today.

According to the staff report, it would make sense to allow chicken ownership if certain standards were applied such as proper coop design and basic care, but there is no provincial legislation that would allow the municipality to enforce such rules.

"I understand why, because they're talking about the humane part of having any kind of animal as a pet or even a chicken," said Coun. Dawn Sloane.

Staff held a public information session in February and conducted a survey. Of those surveyed, 84 per cent believed hens should be permitted. JENNIFER TAPLIN

Billiard-room scrap ends with gunshots

Early-morning incident fourth shooting in Dartmouth in 8 days

The latest in a spate of shootings in Dartmouth sent two people to hospital early yesterday.

Halifax Regional Police were called to a disturbance outside Dooly's pool hall on Portland Street just after 2 a.m., after receiving reports of shots fired.

Police say that, according to witnesses, the incident began with a fight between two groups of patrons inside the pool hall. The disturbance then continued outside the business.

At some point, police say one of the people involved in the disturbance pulled out a handgun and opened fire on the opposing group.

A 24-year-old man and a 21-year-old woman were hit. They were both taken to hospital with non-life-threatening injuries. The woman was released yesterday afternoon, but the other victim remained in hospital for further treatment.

Police continued their investigation yesterday, but no suspects were found.

"Our investigators have already been up at the hospital and have already spoken to the female and the male, and the investigation is going quite well," Staff Sgt. Bill Morris said yesterday. ALEX BOUTILIER

Dooly's silent

- When contacted by Metro Halifax, staff at Dooly's refused to comment on the incident.

RYAN TAPLIN/METRO



▶ A Halifax Regional Police office surveys the scene following a shooting outside Dooly's pool hall on Portland Street yesterday morning.

Youths, 14 and 15, arrested over alleged bus-stop assault

Two teenagers are facing charges of assault after someone was attacked at a Halifax bus stop over the weekend.

Around 10 p.m. Saturday night, Halifax Regional Police responded to a bus stop at 6960 Mumford Rd. after receiving reports that a group of youth were assaulting a man.

According to police, the 57-year-old victim was sprayed in the face with an unknown type of sensory irritant.

Police say they found two males, aged 14 and 15, nearby and arrested them in relation to the incident. Both are scheduled to appear in court to face the charges. METRO

Not admitted

- The victim did not require hospital treatment.

News in brief

Teens attack woman, 21

DARTMOUTH. A 21-year-old woman was assaulted after being asked for a cigarette in Dartmouth early yesterday morning.

Police say the woman was walking on Prince Albert Road and Ochterloney Street when two females aged 15 and 16 approached her and asked for cigarettes. Police say the two then assaulted her. METRO

Man holds up Rick's Variety

ROBBERY. A man carrying a knife robbed Rick's Variety on Lacewood Drive yesterday. METRO

1 news

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On the web at metronews.ca



Stephen Harper and Michael Ignatieff cross swords as they each campaign in British Columbia. Video at metronews.ca

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Community celebrates hall's re-opening

- Brown Hall has been the center of Beaver Bank community since 1921
- Re-opening is six months to the day since November arson

TERRA CIOFFE/FOR METRO



▶ Residents brave a heavy rain to celebrate the reopening of the Beaver Bank Community Hall yesterday afternoon.

ANDREW CALEY
HALIFAX@METRONEWS.CA

It was going to take more than heavy rain to keep the people of Beaver Bank from returning to their community hall yesterday.

Brown Hall, as it is known to the members of the Beaver Bank community, had its grand reopening yesterday afternoon with more than 70 people on hand.

The hall was reopening for the first time in six months after being severely damaged by arson last November.

Brain Johnson, chair of the Beaver Bank Community Hall, couldn't keep the smile off his face yesterday.

"We're just happy. I'm happy now that it's open," he said inside the hall. "We put a lot of time into it."

People mingled while eating snacks and drinking punch as a slide show looking at the history of the hall was played in the background.

"It's uplifting — a rebirth for the community."
BRIAN JOHNSON, CHAIR OF BEAVER BANK COMMUNITY HALL

Those of note in attendance included area MP Peter Stoffer and Waverley-Fall River-Beaver Bank MLA Percy Paris.

"I think it's just a historic building in the community," said Jo-Anne Grove, an event organizer for the hall. "It's the first thing you notice when you come to Beaver Bank."

The hall hosts events for community groups, from Scouts and Girl Guides to senior associations.

Grove said people of the community have missed out while the hall was being repaired.

"I enjoy seeing people's faces when they walk in and go, 'wow this is great,'" she said.

New law says drivers must yield to transit buses

RYAN TAPLIN/METRO



▶Drivers must now yield to transit buses.

The Nova Scotia government has introduced legislation that requires drivers to yield to transit buses signalling their intention to re-enter traffic. The new law comes into effect May 1.

Transport Minister Bill Estabrooks says those caught breaking the law face fines ranging from $167 to $340.

"Buses now must rely on the courtesy of drivers to re-enter traffic. This legislation will provide clarity for all drivers while helping to reduce schedule delays," Estabrooks said in a statement.

The legislation is similar to laws in British Columbia, Ontario and Quebec.

THE CANADIAN PRESS

'Calamity of errors' comes before council



"I don't like the project because it encourages sprawl in Bayer's Lake."
COUN. DAWN SLOANE

Last time the Washmill Lake Court underpass was at council it was referred to as a "calamity of errors."

The grossly over-budget project will return to the council agenda tomorrow with staff recommending council approve $4.5 million to complete the second and third phases.

The underpass at Bayers Lake Business Park was originally estimated at $10 million. But $11 million has already been spent on the first two phases and another $4.5 million is needed to finish it off.

"The big issue is how did we get to this point?" said Coun. Steve Adams yesterday.

Costs skyrocketed because contractors had to remove a lot more rock than predicted and had to reinforce the steel in the bridge.

The extra costs were expected to run between $5 million to $7 million but staff took out a number of items to reduce it down to $4.5 million.

Some curbs and sidewalks, street trees and ornamental light standards were taken out.

Washmill is one issue that gets Downtown Coun. Dawn Sloane fired up.

"This was started in a very sinister way, in my opinion and I still don't believe we should be putting any money into this without good rationale," she said.

In January, council voted 17-4 in favour of moving the project forward.

The project is getting $6.7 million from the federal Infrastructure Stimulus Fund.

JENNIFER TAPLIN

News in brief

Man facing multiple child porn charges

A 31-year-old Nova Scotia man has been charged with possessing, accessing and making available child pornography.

He was arrested following a two-month investigation by the New Glasgow police department's Internet child exploitation unit.

Police have seized computer equipment which will be examined by technical forensic investigators.

The man, who has been released on a number of conditions, is due in court in June.

THE CANADIAN PRESS

Video store clerk robbed at knifepoint

A man armed with a knife robbed Mumford Video on Saturday afternoon.

A man walked into the store at around 1:40 p.m. and threatened the female clerk with a knife. He grabbed some cash and left on foot.

Police officers and a dog searched the area but couldn't find the suspect.

He is described as a 5'7" tall white man with a thin build. METRO

NATHAN ROCHFORD/THE CANADIAN PRESS



▶ The Trews accept the award yesterday for Video of the Year for their video Highway of Heroes at the East Coast Music Awards in Charlottetown, P.E.I.

The Trews rock ECMAs with soldier tribute

Awards ceremony caps four days of gigs showcasing region's musical talent ◐ Next year's event in Moncton

The Trews' patriotic tribute to Canada's fallen soldiers earned them the Fan's Choice Video of the Year at the 2011 East Coast Music Awards last night.

Singer Colin MacDonald said Highway of Heroes was inspired by a Canadian female soldier from his hometown who was killed in Afghanistan in 2006, adding that it has become a song for all of the soldiers on the combat mission.

"Highway of Heroes is about the cause and about the boys and girls sacrificing their lives to make Afghanistan a better place," MacDonald said after he accepted the award at a gala ceremony last night in Charlottetown.

"It may be the greatest thing we've been a part of in our time in music."

It was the second award of the weekend for the Antigonish rockers.

On Saturday, they captured the DVD of the Year award for The Trews Acoustic — Friends & Total Strangers.

David Myles and Rose Cousins, both of Halifax, Pictou County's Dave Gunning, Chris Colepaugh and The Crew, Matt Andersen and Chelsea Nisbett were also multiple award winners. THE CANADIAN PRESS

More winners

▶ For a complete list of winners, visit ecma.ca

Province's move will up taxes: Mayor Kelly

RYAN TAPLIN/METRO



▶ Mayor Peter Kelly

Dozens of mayors and officials from 46 Nova Scotia municipalities marched to the legislature Friday to protest the province's withdrawal from a funding agreement they say will result in the downloading of millions of dollars in costs.

The government announced last month it could no longer afford the seven-year commitment made in 2007 to assume $100 million in costs for corrections, public housing and education.

The large group arrived after a short walk from Halifax City Hall. They were carrying a banner reading, "Deal Axed, Residents Taxed."

Billy Joe MacLean, president of the Union of Nova Scotia Municipalities, said the province's move will result in higher municipal taxes.

Halifax Mayor Peter Kelly told the crowd the cost downloading would increase the average property tax bill of the region's residents by $100 — and another $400 for businesses — over the next four years.

"We unfortunately will hand that tax bill to the residents because it is the government that is forcing us to make sure that you (taxpayers) pay more and it should not be happening," said Kelly.

However, Finance Minister Graham Steele said the province was within its rights to pull out based on a clause in the agreement covering "unforeseen costs or revenue losses."

"Given the province's financial condition, we are just not in the position to accept any more uploading," said Steele. THE CANADIAN PRESS

Steele reacts

1 Finance Minister Graham Steele said he was open to negotiating a new agreement, but not before the province's books are balanced.

RCMP find 150 dilaudid pills on man

A man is facing charges after RCMP seized prescription drugs during a traffic stop in Indian Brook.

RCMP say they found more than 150 dilaudid pills when they stopped a car on Saturday.

The man has been released and will be in court in June to face three trafficking charges. THE CANADIAN PRESS

Cancer lodge gets expansion

A lodge in Halifax that provides accommodation to out-of-town cancer patients and their families is getting a $3-million expansion.

The Canadian Cancer Society's Lodge That Gives will soon be able to accommodate 76 guests a night, more than double the 34 people it can currently house. THE CANADIAN PRESS

Flu breaks out at QEII

Two units at the Queen Elizabeth II Health Sciences Centre have been closed to visitors after an "influenza-like illness" broke out among some residents in the long-term care facility.

Capital Health has asked the public not to visit units V6E and V6W of the Veterans' Memorial Building due to the illness. They are also reminding people not to visit nursing homes or hospitals if they are ill. METRO

He's back at Mic Mac!
MIC MAC MALL



Get your photo with the Easter Bunny:

April 16	10am to 8pm	April 22	Good Friday - Mall Closed
April 17	12pm to 5pm	April 23	10am to 8pm
April 18 - 21	2pm to 6pm	April 24	Easter Sunday - Mall Closed

Don't miss the Kid's Bunny Hop and Easter Egg Hunt, April 23 from 9am – 9:30am.

Details and registration at easterseals.ns.ca or Easter Bunny Land (Bay Court, Second Level.) All proceeds go to Easter Seals Nova Scotia in support of Nova Scotians with physical disabilities.

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Majority needed to quell separatism: PM

Michael Ignatieff focuses on Liberals' health-care reform plan in B.C.

Election 2011

Stephen Harper is making another pitch for a Conservative majority government, adding the resurgence of Quebec sovereigntists to the growing list of reasons he needs unfettered power in Ottawa.

Now is not the time for a weak minority, which is precisely what the forces of separation in Quebec are hoping for, Harper told a rally yesterday in Richmond, B.C.

The issue arose anew on Saturday after Parti Québécois Leader Pauline Marois won a resounding 93.1 per cent confidence vote from the normally fractious party.

Harper spent most of the weekend in British Columbia, where the Tories have a chance to pick up enough seats to form the first Tory majority since Brian Mulroney nearly 20 years ago.

Liberal Leader Michael Ignatieff was on the same turf yesterday, attempting to contrast his position on health care with that of the government.

Within 60 days of a Liberal government taking power, Ignatieff said, he'd convene a meeting of the provinces and territories to hammer out a new health-care accord to replace the current agreement, which expires in 2014.

The Liberals are hoping health care proves to be the government's Achilles heel. The party is currently airing the most negative ads of its campaign, trying to depict Harper as the leader most likely to preside over the demise of medicare.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS



▶ Prime Minister Stephen Harper and his wife, Laureen, serve dim sum to patrons of the Continental Seafood Restaurant in Richmond, B.C., yesterday.

Manitoba floods hit record levels



ELISHA DACEY
@METRONEWS.CA

About half of Manitoba is impacted by overland flooding and the waters are still rising, officials in that province said.

While the current flooding is not as devastating as 1997's Flood of the Century, it's now the largest on record.

The Red's largest tributary, the Assiniboine, is experiencing water flows not seen in 35 years.

That's when it recorded its worst flood, said Steve Topping, Manitoba Water Stewardship's executive director.

And should the Assiniboine crest at the same time as the Red, it could impact several properties inside the City of Winnipeg.

Officials are forecasting it to crest around the end of April.

F-35 FIGHTERS

Jet price includes engines, feds say

Defence officials have shot down reports that Canada would be responsible for supplying the engines needed for the F-35 fighters.

Documents obtained from the Defence department saying the F-35 engines "are provided as gov't-furnished equipment" prompted questions of whether the cost of the engines was included in the $9 billion cost of 65 stealth fighters.

But the Conservatives and Defence officials yesterday said the price includes everything needed to operate the aircraft.

TORSTAR NEWS SERVICE





Deadly tornadoes hit U.S.

- At least 45 dead after 62 twisters slam six states
- Worst storm since 1984 when 22 tornadoes killed 57

A devastating storm system spawned dozens of tornadoes as it barreled from Oklahoma to North Carolina, decimating communities in six states and leaving at least 45 people dead in its wake.

Emergency crews searched for victims yesterday in hard-hit swaths of North Carolina, where 62 tornadoes were reported the night before from the worst spring storm in two decades to hit the state. Eleven people were confirmed dead in Bertie County, Zee Lamb, a county manager, said.

Another four were confirmed dead in southeastern Bladen County, bringing the state's death toll to at least 21.

Daybreak brought news of a horrific death toll in Bertie County, about 210 kilometres east of Raleigh.

The tornado moved through about 7 p.m. Saturday, sweeping homes from their foundations, demolishing others, and flipping cars on tiny rural roads between Askewville and Colerain, Lamb said.

At least three of those who died were from the same family, he said.

One of the volunteers who scoured the rubble was an Iraq war veteran who told Lamb he was stunned by what he saw.

"He did two tours of duty in Iraq and the scene was worse than he ever saw in Iraq — that's pretty devastating," Lamb said.

"There were several cases of houses being totally demolished except for one room, and that's where the people were," he said. "They survived. Pretty devastating."

In Virginia, Department of Emergency Management spokesman Bob Spieldenner said one apparent tornado ripped across more than 12 miles through Gloucester County, uprooting trees and pounding homes to rubble while claiming three lives. Spieldenner said two others were killed when a vehicle ran into flash flooding near Waynesboro.

THE ASSOCIATED PRESS

JIM R. BOUNDS/THE ASSOCIATED PRESS



▶ Emergency personnel work around a Lowe's Home Improvement store after it was hit by a tornado in Sanford, N.C., Saturday.



Mental Health and Addictions Strategy Public Consultation

Nova Scotians are invited to participate in public consultations to develop a Mental Health and Addictions Strategy for our province. The goal of the Strategy is to revamp mental health and addictions services to ensure better health care for you and your family. The consultations will take place in the following communities:

Greenwood
Monday, April 18, 8 a.m. – noon
14 Wing Greenwood, Birchall Training Center, The Chamber Room

Amherst
Tuesday, April 26, 8 a.m. – noon
98, Victoria Street East, Tantramar Theatre

Sydney
Wednesday, April 27, 8 a.m. – noon
Cape Breton University
1250 Grand Lake Road, Multi Purpose Room A & B

Halifax
Tuesday, May 3, 1:00 – 5:00 p.m.
Saint Mary's University
Burke Building, Burke Theatre B (Entrance off of Inglis Street)

Bridgewater
Thursday, May 5, 9 a.m. – 12:30 p.m.
South Shore Regional Hospital – Lecture rooms 1-3 (Third Floor)

French Consultation
Monday, May 16, 8 a.m. to noon
Université Sainte-Anne – Campus de Halifax
Will be broadcast to Petit-de-Grat, Pointe-de-l'Église, Saint-Joseph-du-Moine and Tusket

If you are unable to attend the public consultations, you can provide input through an Online Consultation. To access the Online Consultation, or for more information regarding the development of the Mental Health and Addictions Strategy, please visit:
www.nshrf.ca/mentalhealthandaddictionsstrategy

A copy of the Consultation Questionnaire can also be mailed to you if you are unable to attend a public consultation or access the Online Consultation. Please contact **902-424-4043** to request your copy.

NOVA SCOTIA

Rickshaw race in India may cost 'at least a limb'

Charity race runs through mountains, valleys and highways Participants learn to drive in two days

THE ASSOCIATED PRESS



▶ A participant waves from an autorickshaw yesterday after the flag-off of the Rickshaw Run, an annual charity event in Kochi, India.

Traditional drums rolled as hundreds of spectators bade farewell and good luck yesterday to scores of flimsy autorickshaws starting the ride of a lifetime: From India's southern tip to its northeastern edge.

Keeping limbs intact will likely be a very real challenge for the 180 people from 19 countries who began the 5,000-kilometre ride as part of the Rickshaw Run, a five-year-old charity event.

Riding in a 150cc, four-gear, three-wheeled autorickshaw through any crowded Indian city for just a few kilometres can be quite a thrill.

A two-week journey tackling the country's highways, back lanes, mountains and valleys in what the organizers describe as a "glorified lawnmower" qualifies as a bona fide adventure sport.

The run kicked off in Kochi in the southern-most state of Kerala and will end in Shillong, the capital of Meghalaya in the northeast.

"We are risking life, or at least a limb, for charity," said Jenny Lucas, part of a three-woman team from the U.S. "And for adventure, of course."

The Rickshaw Run equips teams with an autorickshaw, permits, a starting point and a destination, after which participants, who must raise at least $1,600, are on their own.

THE ASSOCIATED PRESS

ROYAL KINGDOM

Jaipur's last maharaja dies at 79



Thousands of people poured into the courtyard of a sprawling palace in the western Indian city of Jaipur yesterday to pay their last respects to Brigadier Sawai Bhawani Singh, the city's last maharaja.

Singh, 79, died late Saturday in a hospital on the outskirts of New Delhi where he had spent the last two weeks, his daughter Diya Kumari said. He had suffered from high blood pressure and a lung infection.

Singh served as the maharaja or hereditary ruler of Jaipur after his father Sawai Man Singh's death in June 1970. Jaipur was one of hundreds of tiny royal kingdoms that dotted ndia until the country's independence from Britain in 1947.

The rulers continued to hold onto their titles after independence. However, Singh served as maharaja for only a few months until India formally abolished the royal titles in 1971.

Nevertheless, he continued to be revered in western India's Rajasthan state and was often referred to by his royal title.

Singh served in the Indian army and fought in the 1971 war against rival Pakistan.

THE ASSOCIATED PRESS

Close-quarters combat kills 17 in western Libya

- Troops pounded Misrata, the last major rebel foothold
- Among dead: NGO worker, opposition activist

Holding out under a rain of shelling and sniper fire, Libyan rebels fought Moammar Gadhafi's forces yesterday in close-quarters battles in the city centre of Misrata.

Government troops have been laying siege to the city on Libya's Mediterranean coast for weeks, prompting repeated international warnings of a dire humanitarian situation as well as calls for NATO forces to intensify air strikes on Gadhafi's forces there.

Yesterday government troops, who have pushed into the city centre from the outskirts in recent days, pounded Misrata with mortar rounds and rocket-propelled grenades, said resident Abdel-Salam, who only provided his given name for fear of retribution.

"Residents have become so accustomed to the sound of mortars and missiles," he said. "Snipers are still on the roofs of tall buildings shooting at anything that moves in the city centre."

Rebels fought government forces back from an area around a central produce market, regaining a small sliver of territory, said Rida al-Montasser, a local activist reached by Skype.

He said a hospital report that he received from a doctor, showed 17 people, including rebels, were killed and 74 others were injured. He said Gadhafi forces had fired at the city's hospital yesterday.

THE ASSOCIATED PRESS

"If the aviation avoids tragedies, it still isn't solving the problem."
FRENCH DEFENCE MINISTER GERARD LONGUET

HUMAN RIGHTS WATCH/THE ASSOCIATED PRESS



▶ This photo provided by Human Rights Watch shows what the group claims to be the remnant tail section of a cluster bomb purportedly found in Misrata, Libya. Rebels in Misrata and the New York-based group Human Rights Watch have alleged that Gadhafi's forces have been using cluster bombs, which pose particular risk to civilians because they scatter small bomblets over a wide area.

WOMEN'S RIGHTS

Yemeni protesters fired on

Security forces fired on anti-government protesters in Yemen's capital yesterday as hundreds of thousands of marchers — including many women — packed cities around the country to denounce the president and remarks he made against women taking part in rallies demanding his ouster.

The massive turnout suggests opposition forces have been able to tap into fresh outrage against Ali Abdullah Saleh after his comments Friday that men and women mingling at protests violated Islamic law.

A youth movement leading the anti-Saleh protests called for mass demonstrations yesterday that brought out a strong outpouring of women.

THE ASSOCIATED PRESS

Refugee influx fuels dispute

A train carrying Tunisian immigrants from Italy was halted at the French border yesterday. International disputes have escalated over the fate of North African migrants fleeing political unrest for refuge in Europe.

But France blamed what it said were hundreds of activists on the train planning a demonstration.

THE ASSOCIATED PRESS

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Royalty stamped mail

Other commonwealth countries are issuing or have issued stamps to commemorate the wedding One stamp will feature Westminster Abbey

Canada Post has unveiled a pair of commemorative stamps marking the nuptials of Prince William and Kate Middleton.

The domestic and international-rate stamps will be issued on the couple's wedding day, April 29. Royal watchers will be able to buy them at post offices across Canada, online or by mail order.

The stamps featuring photographs of the smiling couple were approved by Prince William and the Queen. The 59-cent domestic stamp shows a photo of the couple when they announced their engagement last November, and the $1.75 international rate stamp bears the official engagement portrait taken by fashion photographer Mario Testino.

Canada Post said it will produce more than 16 million royal wedding stamps. It will be one of the biggest stamp issues printed by the agency throughout 2011. The last royal wedding stamp by Canada Post was issued in 1948 in honour of the 1947 marriage of William's grandparents, the Queen and Lt. Philip Mountbatten, now Prince Philip.

Meanwhile, in Britain commemorative London travel cards bearing the image of Prince William and Kate Middleton are going on sale this week.

THE CANADIAN PRESS

Runaway. Bride and groom



▶ Newly married couple Katrina Scaife and Andrew Ford prepare to rejoin the London Marathon run after their wedding ceremony.

IAN WEST/THE ASSOCIATED PRESS

Running to and from the altar

The happy couple broke off during their marathon run to get married still wearing their running shoes and event numbers. After the quick ceremony they rejoined the race.

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U.S. 'culture of bargain-hunting' keeps prices down

Canadians say they want low prices, but they don't go to nearly the length Americans do to score a deal

With a loonie worth more than a U.S. dollar, bargains abound for Canadian shoppers who hit the stores south of the border.

The reasons for the price difference defy easy explanation. But some suggest an unwillingness of Canadians to spend the same time as Americans to hunt for a bargain may contribute to the gap.

"Shopping seems to be a very big part of what goes on in the U.S. People go down to Florida, to Georgia, to the southern U.S. and one of the activities that you do there are tours going to outlet malls," says David Soberman, a marketing professor at the University of Toronto. "If you're wondering why prices are lower, it might be part of the explanation."

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
– 22.68 (13,799.12)	– 0.03¢ (104.16¢ US)

Oil	Natural gas 1,000 cu ft	Gold contracts
+ $1.55 US ($109.66 US)	$4.20 US (– 1.7¢ US)	$1,486 US (+ $13.60 US)

Soberman suggests that if Canadians want bargains, they must change their shopping habits, do their research and "patronize the store that has the lowest price."

Michael Mulvey, marketing professor at the University of Ottawa, says the larger middle class in Canada may also play a role in the price gap.

"When you have a larger number of people that are struggling, it does put pressures on to bring prices down," he said.

"Wal-Mart is the place that people go to … partly because they don't feel ripped off when they go there." THE CANADIAN PRESS

Fore. Sight



▶ David Neivandt, left, and Alex Caddell tee off on an athletic field in Orono, Maine, with their golf ball made from ground lobster shell.

ROBERT F. BUKATY/THE ASSOCIATED PRESS

A stroke of genius

Two University of Maine researchers may have solved the problem of "golf-ball pollution": What happens when a ball goes flying off the green to land in a lake or the ocean. Engineering professor David Neivandt and bioengineering major Alex Caddell are experimenting with a golf ball made from ground lobster shell. Neivandt says the biodegradable balls are intended for use on cruise ships or at driving ranges near bodies of water.

UAE pushes for more smartphone control

Tighter restrictions on RIM's BlackBerry devices proposed by the United Arab Emirates would likely apply to other smartphones, too. The UAE's telecommunications regulator wants to limit access to the Blackberry Enterprise Server system, which provides the most secure form of communication. It is used by many firms and government agencies to keep data safe. THE ASSOCIATED PRESS

20

Only organizations with 20 or more BlackBerry accounts could use the BES system under the UAE's new rules. Others would have to rely on a less-secure system that is easier for authorities to monitor.

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Toronto firm in 'epic' battle with tech giant

i4i to fight Microsoft over patent infringement in U.S. Supreme Court ◗ Represents future of patent law

A battle between a small Canadian company and software giant Microsoft is going to the U.S. Supreme Court today in a case that could challenge how patent laws protect exclusive technology.

Toronto-based i4i has been fighting Microsoft in a multimillion-dollar patent infringement suit since 2007. Two lower U.S. courts have ruled that Microsoft used i4i's technology in some versions of its Word software program, with a Texas jury awarding the company US$290 million in damages in 2009.

But Microsoft has fought the ruling, and is expected to challenge current standards for overturning patents.

PAWEL DWULIT/TORSTAR NEWS SERVICE



▶ Michel Vulpe, left, co-founder of tech firm i4i, with chairman Loudon Owen.

Loudon Owen, chairman of i4i, wants the court to uphold U.S. patent laws, which he said require "clear and convincing" evidence for overturning a patent. He believes that exclusive intellectual property needs to be protected for others to use.

"The patent you're granted has very little meaning if it's not enforceable. Why have a patent if it's useless?" he said.

Patent expert Alexander Poltorak said the case is epic for the future of U.S. patent law. **THE CANADIAN PRESS**

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NOVA SCOTIA

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Super-rich pay less tax in U.S.

The super rich pay a lot less tax than they did a couple of decades ago, and nearly half of U.S. households pay no income taxes at all.

The Internal Revenue Service tracks tax returns with the 400 highest adjusted gross incomes each year. The average income in 2007 was nearly $345 million US. Their average federal income tax rate was 17 per cent, down from 26 per cent in 1992.

THE ASSOCIATED PRESS

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China increases reserves

China's central bank yesterday ordered most of the country's banks to raise the amount of money they hold in reserve in yet another move by Beijing to tamp down inflationary pressures.

The People's Bank of China said in a notice on its website that the deposit reserve requirement ratio for most banks will be raised 0.5 per cent starting Thursday. That means large financial institutions will have to keep 20.5 per cent of their deposits in reserve.

This is China's fourth reserve increase this year. Inflation in the world's second-largest economy surged to a 32-month high of 5.4 per cent in March.

Inflation, especially in food prices, is considered dangerous by China's leaders because it erodes economic gains.

THE ASSOCIATED PRESS

Urban Compass



STEPHEN KIMBER

ONION RING HAS MORE BITE THAN PM

Is it just me and my Facebook friends or is Stephen Harper in deeper doo-doo than we know?

I will acknowledge — before someone else does — that I am of the artsy, progressive-left-when-it-suits-my-personal-interests persuasion, so it's no surprise many of my friends are fellow travellers. I live in a federal NDP riding in a province governed, for the moment, by the NDP. But I have plenty of Facebook friends — Facebook being Facebook — who are Tories, including a few current federal candidates, and many more of no, or no known affiliation.

Which is why I find our first full-on Facebook federal election so intriguing.

Many Canadians are using social media to get, share and comment on campaign news. Mainstream news stories, YouTube videos, online petitions, Twitter posts, fan pages all rocket around the social media echo chamber with dazzling speed.

Much of it is do-good, get-out-the-vote stuff — the clever Rick Mercer rant, the dog's breakfast of I-pledge-to-vote pages — or partisan postings re-posted by more partisans.

But Facebook — my Facebook, at least — seems dominated by one overweening theme: Get rid of Stephen Harper.

Every time I open Facebook, a few more friends have changed their profile pictures to anti-Harper images.

Stephen Harper is both polarizing and galvanizing, which makes him a perfect Facebook organizing foil.

There are dozens of anti-Harper pages: "Canadians Rallying to Unseat Stephen Harper," "Vote No Confidence in Stephen Harper," "Get Stephen Harper Out of Office," etc.

There's even one entitled "Can This Onion Ring Get More Fans Than Stephen Harper?" The answer is yes: It has 158,170 fans compared with 49,952 for the official Stephen Harper page.

There are links to videos like "The Harper Song: 'Steve, It's Time To Leave'" and strategic voting sites like Project Democracy and Catch-22, whose purpose is to make sure Stephen Harper doesn't get his majority or — better — loses power.

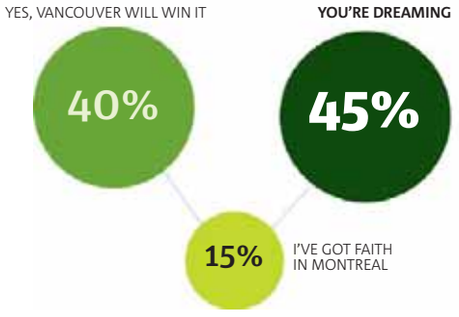
Which means …? I don't know. Nothing so far seems to have budged Harper's poll numbers. But what do polls tell us about real support for political parties when so few of us willingly talk to pollsters anymore?

Perhaps Facebook is the new reality. Here's hoping.

metro life panel

Register at metrolifepanel.ca and take the quick poll

Will a Canadian team finally win the Stanley Cup this year?



Local tweets

- **@DebraDiGiovanni:** Thanks to everyone at the Halifax Comedy Fest — it was a wonderful weekend!
- **@markcritch:** Halifax comedy fest. Done for another year. Great lineup. Always learn a lot watching everyone. Big fun in store for St Johns comedy fest!
- **@scottythecomic:** Halifax Comedy Festival was delicious. Especially with garlic butter. mmm garlic butter.
- **@JuliannBurke:** #JackLayton spotting at the Delta Halifax.
- **@msicefan8:** I visited Halifax area 10 years ago and it had very little crime. Now, I see so much crime in their news especially in Dartmouth. It's sad
- **@IsaHaazen:** 23km run on a cold, raining halifax morning. Staying in shape is going to get me sick! Seriously Canada, have you heard of Spring!?
- **@Lynchicus:** Halifax, you're beautiful in the rain. You smell like sea-salt and blue collar worker.
- **@Suzieq966:** Bought a kick ass leather jacket at the Screaming Eagle sale at the Halifax Forum!

Worth mentioning

LONDON. Britain's government has begun the process of reviewing the ancient, discriminatory rules of royal succession, so if Prince William and Kate Middleton's first child is a girl she would eventually become queen.

The current rule that puts boys ahead of their sisters "would strike most people as a little old-fashioned," Deputy Prime Minister Nick Clegg said Saturday.

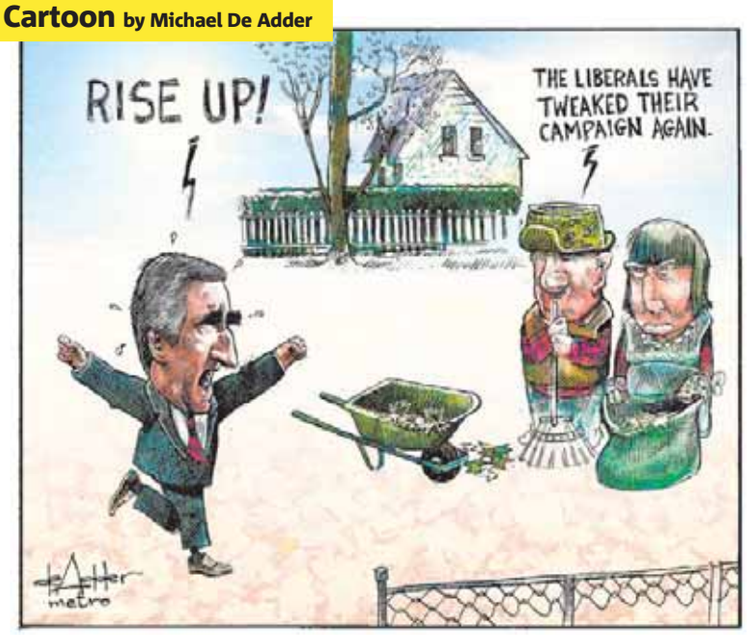
The Cabinet Office said the government accepts that some aspects of the succession rule "could be discriminatory." It said the government has started discussions with British Commonwealth nations that would be directly affected by any change because they recognize the British monarch as their head of state, but declined to release details of those talks.

William is second in line to the throne after his father, Prince Charles, who is Queen Elizabeth II's first-born child.

Charles' sister Anne is lower in the line of succession than her younger brothers Andrew and Edward.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

Don't stop to smell this flower

Spring is in the air, and that means an unpleasant smell for one greenhouse at Ohio State University.

A 2.4-metre tall rainforest plant that's known as a "corpse flower" because it smells like rotting flesh is getting ready to bloom.

The Columbus Dispatch reports greenhouse co-ordinator Joan Leonard has been growing the flowers since 2001, and this would be the first of five to bloom.



Leonard says smelling the Amorphophallus titanium for the first time will be the culmination of a decade of work. But it will be a quick experience because the flower withers after a day or two.

She expects the bloom to open in May, revealing its umbrella-sized "petals." When that happens, the university will have visiting hours to give people a peek at the rare plant.

THE ASSOCIATED PRESS

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2 scene

Box Office



Anne Hathaway and Jesse Eisenberg's animated family flick Rio led the weekend box office with a healthy $40 million US debut, according to studio estimates Sunday.

But the slasher comedy Scream 4 opened at No. 2 with just $19.3 million.

THE ASSOCIATED PRESS



Kathleen Turner gets in touch with her spiritual side by playing a nun in Broadway play High

Will and Kate get a TV movie

Hollywood is looking to cash in on the Royal Wedding with a raft of made-for-tv movies The resemblance of the on-screen Kate and William to the real-life version is questionable, as are the set locations



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

While they prepare for their walk down the aisle April 29, Prince William and Kate Middleton can rest assured that their romance has earned the Lifetime Television seal of approval, as the U.S. cable channel will be debuting William & Kate, a made-for-TV movie about the royal couple's courtship, tonight, 11 days before they tie the knot.

William & Kate chronicles the early days of the couple's long courtship, including their first meetings at the University of St. Andrews and later coping with the intense media scrutiny that comes with dating a member of the royal family. "I love the you no one gets to see but me," the on-screen version of Middleton gushes to her royal beau.

Finding actors who look anything like the real-life happy couple was apparently too much of a challenge, as stars Camilla Luddington and Nico Evers-Swindell's similarities to Kate Middleton and Prince William end at their height difference and hair colour — though even here, Evers-Swindell has a bit too much going on, resembling more a ginger version of Twilight star Robert Pattinson than the thinning-haired second-in-line to the British throne.

HANDOUT



▶ Camilla Luddington, right, and Nico Evers-Swindell play the title characters in the Lifetime TV movie William & Kate.

The actors aren't the only ones straining to pass themselves off as their British counterparts: The Lifetime movie was filmed entirely in Los Angeles. Scenes at St. Andrews were actually shot on UCLA's sunny Westwood, Calif., campus, as the university's grounds were some of the few places in the area that looked "old" enough to pass for the 600-year-old school.

Resemblance issues aside, Luddington and Evers-Swindell certainly aren't short on enthusiasm. "Lifetime viewers are going to get a great love story," Luddington says of the movie. "If you're romantic at heart, you're going to love it."

Lifetime is also debuting a six-part documentary, Royal Wedding of a Lifetime, prior to the big nuptials at Westminster Abbey.

Another U.S. cable network, the Hallmark Channel, is also getting in on royal action, with their own film about the couple, William & Kate: a Love Story, that won't debut until August. Perhaps the longer lead time will allow them to find actors with more of a resemblance to the real William and Kate.

Not the first royal TV movie

Prince William is the latest Royal to get the made-for-TV treatment, but he's certainly not the first. In fact, his parents' wedding was chronicled in not one but two films — and one even spawned a not-too-pleasant sequel.

The Royal Romance of Charles and Diana (1982)
Starring Christopher Baines as Prince Charles and Catherine Oxenberg, a cousin of the real Charles, as Diana Spencer, the film was probably most notable for featuring Olivia de Havilland as the Queen Mother.

Charles and Diana: A Royal Love Story (1982)
The second film rushed onto TV screens in the year following Charles and Diana's nuptials. This American-made version starred David Robb as Charles and Caroline Bliss as Diana. As for notable supporting cast members, Sir Christopher Lee stepped in as Prince Philip.

Charles and Diana: Unhappily Ever After (1992)
Despite her real-life bloodline to the royal family, Oxenberg reprised her role as Princess Diana for this "sequel" to The Royal Romance of Charles and Diana, chronicling in pulpy soap opera detail the dissolution of Charles and Diana's marriage.

NED EHRBAR



From page to screen

Metro recently interviewed Game of Thrones author George R.R. Martin

BRAYDEN SIMMS
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In transferring these epic works from the page to the screen here, have you had to make many changes?
Well, of course, I didn't actually do it. So the challenges here were largely those faced by the show runners and the screenwriters, David Benioff and D.B. Weiss.

But they have done quite a faithful adaptation, I think. There are differences certainly. They've added a few new scenes. They've cut things, scenes here and there and certainly lines.
In any sort of television or film adaptation, you don't have the space that you have in prose. But for the most part ... it is my story and it's the same characters and the same principle major events.

GETTY IMAGES



▶ George R.R. Martin

I think my fans are going to be very happy with how faithful it is. Most of the changes I've seen are clearly been made just to accommodate the budget, accommodate the limits of running time.

I keep reading all over the place about how you started writing these books because they were un-filmable, and you wanted to go to amazing places like this. Well, now, it's been filmed. Are you kind still pinching yourself?
I am, actually. Sometimes I think I've fallen through a rabbit hole and I'm in Wonderland here. It's amazing not only that they could film, but, of course, the amount of attention that they're getting. And, you know, the cast that we've assembled, the global thing, it all has me pinching myself.

Could you lay out for us how big of a participant you were in putting this on?
I'm going to be writing one episode per season if the show goes forward.

There's part of me that would like to write more than one episode per season, but I have to finish the books and the books, of course, are enormous and they take a lot of time.

I've been working on this last one for more than five years and I'm only now, you know, at the end of that.

And then there's two more beyond that.

So Dance With Dragons will come out on July 12th, but I've got to go pretty quickly and start the next book.

Sundays

Game of Thrones airs Sunday nights on HBO Canada.

HANDOUT



▶ Sean Bean stars in HBO's Game of Thrones.



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HANDOUT



▶ The CD cover image of the latest release by the Foo Fighters, Wasting Light.

Recalling Nirvana

◗ Dave Grohl ready to embrace his Nirvana days once again ◗ New Foo Fighters album features contributions from key members of Grohl's past

CHRIS YOUNG/THE CANADIAN PRESS



▶ Dave Grohl of The Foo Fighters

Try as he might, it's been near impossible for Dave Grohl to convince some critics and music fans that his legacy as a songwriter is worth more than his years drumming for the seminal band Nirvana.

Never mind that it's been 17 long years since the death of grunge icon Kurt Cobain, and that Grohl has penned hit after hit.

From the Foo Fighters first major single This Is a Call to alternative radio staples Best of You, All My Life, Monkey Wrench, My Hero and Everlong, few other bands have been as commercially popular and prolific.

In fact, the Foo Fighters have grown so big that Grohl jokes he's now considered just about as uncool as it gets in the rock universe, at least among cynical hipster types.

"You meet kids in younger underground rock bands and I'm like Bon Jovi to those people," Grohl, 42, laughed during an interview this week in Toronto.

So it's somewhat surprising that Grohl has decided to unabashedly reflect on his Nirvana days again, both on the new Foo Fighters album Wasting Light and in the band's documentary Back And Forth.

For years, Grohl has been waiting for the right time to work with some of his old Nirvana collaborators again, but until now had been too sensitive about the idea.

"It seemed there had to be some distance between (Nirvana and the Foo Fighters) and for years I've really had to balance that to give Nirvana the respect it deserves. I wouldn't be here if it weren't for Nirvana," Grohl said.

Wasting Light was recorded with producer Butch Vig, who worked on the classic Nevermind, and former Nirvana bass player Krist Novoselic is seen in the documentary playing on the track I Should Have Known. At the tail end of the movie, Vig hypothesizes that the song is about the Nirvana days and Cobain, which Grohl doesn't deny.

"When I first started writing that song it was about someone else that I was involved with and at the end of the day I said to myself, I should have known that this was going to happen," Grohl explains in the movie.

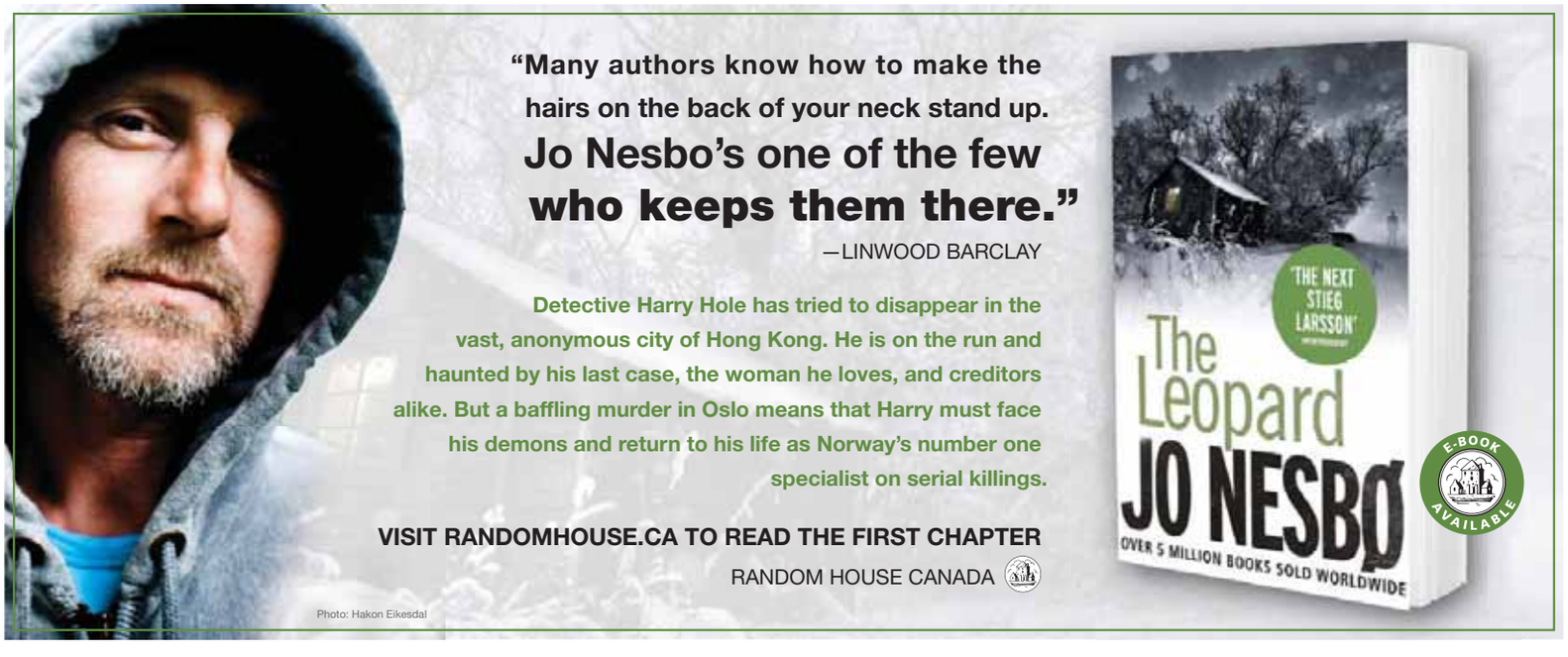
This week, Grohl said enough time has passed that he can acknowledge his Nirvana history and embrace it.

"You just have to kind of shut off that switch that keeps you concerned about what other people think," he said. THE CANADIAN PRESS

New album

- Wasting Light doesn't deviate much from the Foo Fighters' winning formula of hooky, straightforward loud rock but what's different this time is the way the album was recorded.
- Rather than recording in the band's state-of-the art studio, they recorded in Grohl's garage on old-fashioned analog tape, eschewing the digital techniques commonly used today.





Nic Cage booked in New Orleans

ALL PHOTOS GETTY IMAGES

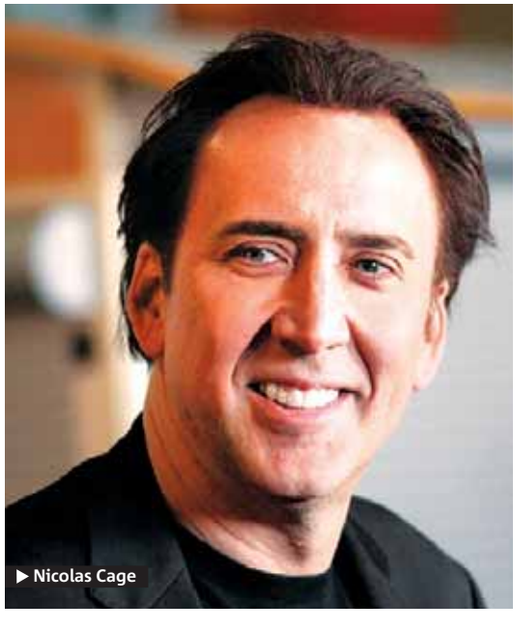
Actor taken into custody after alleged drunken row with wife

Nicolas Cage was arrested in New Orleans over the weekend on charges of domestic violence and disturbing the peace, according to TMZ.

Sources say a "very drunk" Cage and his wife, Alice Kim, were arguing loudly outside, prompting a taxi driver to alert the police. When they arrived, Cage reportedly taunted the cops with, "Why don't you just arrest me?" Eventually, the officers obliged.

Kim is reportedly denying any domestic violence occurred and is not planning to press charges.

METRO



▶ Nicolas Cage

Dog the Bounty Hunter bails out Cage after arrest

After his arrest, Nicolas Cage got some help from an unlikely pal: Reality star Dog the Bounty Hunter reportedly posted Cage's $11,000 bail, according to E! News.

"I am a truly dedicated fan of Mr. Cage and will not be granting any interviews about my client as I wish to respect his privacy," Dog, whose real name is Duane Chapman, says.

"This is what I do for a living. There are two sides of my job: I release my clients after they have been arrested; and pick them up if they don't show up in court. I do not believe the latter will be the case for Mr. Cage."

METRO



▶ Dog the Bounty Hunter

George Michael salutes royals

George Michael has recorded a special romantic single in honour of Prince William and Kate Middleton's wedding, he tells Piers Morgan.

"I'm incredibly happy for William, incredibly happy for his partner, and I'm absolutely sure that Diana would have loved the whole thing," the singer says. "I really hope she would have loved this track."

The song, You and I, is available for download from Michael's website.

METRO

Celebrity tweets



"I thought I saw myself on TV, turns out it was Bill Murray in What About Bob."

@nicolerichie

@DonaldGlover



"There's an overhyped indie band out of Brooklyn w/ 2 keyboardists & an indian bass player called "Teen Wolf" right? No? Someone get on that."

@jonahhill



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The treatment separates the spinal joints to take pressure off the discs and nerves. The three phases at CDPC include Spinal Decompression, Oxygen Enhancement (for patient relaxation), and a Nutritional phase. The full procedure is performed simultaneously during a patient's treatment. More information is available at **www.cdpc.info.**

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The treatment is **extremely** effective, especially for chronic problems. Everyone responds differently. However, generally patients notice a difference within a few treatments.

What do I do next?

Come in for an initial consultation or assessment. Any previous MRI, CT, x-ray reports would be helpful. If it is determined spinal decompression can help you, you will be given your recommendations for care. You can then decide when and if you would like to start care. **There are no obligations.**

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When I came to CDPC I had tried everything massage chiropractic treatments to relieve my pain from degenerative disc, sciatica and neck pain. ***"Right after the first treatment I could feel relief, I was able to enjoy my golf and hockey after finishing my sessions."*** *I would definitely suggest this affordable and drug free treatment to anyone with pain.*
- Steward, C

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The summer's kid flicks

...as previewed by a kid Our expert, the eight-year-old daughter of a director/screenwriter, watched this season's trailers & tells us what to expect

ALETHEA SHIRILAN-HOWLETT
LIFE@METRONEWS.CA
METRO WORLD NEWS

Does this movie look good or bad and why?

SONY



Smurfs: I think the movie looks colourful. But the lines, are they supposed to be funny?

20TH CENTURY FOX



Rio: It looks more good than bad. Kids really like Pedro, the red bird. Kids at my school are already copying his phrases.

TRACY BENNETT/COLUMBIA PICTURES



The Zookeeper: It looks better than The Smurfs, but I wouldn't give it a solid thumbs up.

DISNEY



Winnie the Pooh: It looks funny. Good job Disney!

DREAMWORKS



Kung Fu Panda 2: Awesome, think I want to see it. This is a great movie for your kids.

DISNEY/PIXAR



Cars 2: Looks pretty good, I like it.

Do you think kids will want to see this? Why?

Yes, but not because it looks good. It is because it is their parents' beloved characters and in 3-D!

The bird versus monkey war makes kids fans in seconds.

Yes. Little kids love talking animals. Movie companies love to make movies about kids' favourite subjects.

Yes, it seems better than I thought, but kids might look at it and say, "I don't want to watch another Winnie the Pooh movie."

Of course! Who wouldn't want to see a talking panda doing Kung Fu with Jack Black's voice?

Kids loved the movie Cars in 2006. What makes you think they wouldn't like this one?

What do you hope happens to the main characters?

I hope they go to Central Park.

I hope Rio gets a chance to swim in the ocean.

I hope the monkeys make the zookeeper eat bananas and I hope he can ride on an elephant.

I hope Owl stops being so bossy.

I hope the characters are the same as in the first one.

I just hope Sally comes back. In the trailer it doesn't look like she does.

What are the chances you'll see it in the theatre?

I'd say about 27 per cent. It doesn't sound as funny as its supposed to look.

Probably a good 65 per cent. It is probably going to win awards.

A 41 per cent chance. I don't think it looks quite funny enough.

Maybe a 99 per cent. It looks pretty good!

Probably 100 per cent. It looks cool!

100 per cent. My Dad has figured it. Kids are gonna love this. It is a 10-year-old boy's dream.

3 life

You need this

Want to stay clean and green? Live Clean has debuted a new line of Live Clean Enviro-Kidz line of hair care products that are free of harsh additives. For the whole family, try Just Bee Natural, a line of haircare producs free of phosphats and parabens. METRO

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SCANLIFE

Reformed approach needed to address youth homelessness, says report.

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The perfect treat for Passover

Baked goods for the Jewish holiday must be made without flour This Honey Coconut Cake employs alternatives

To be suitable for Passover, baked goods must be made without flour. This cake replaces it with a blend of matzo meal and ground nuts that then are flavoured with honey, coconut, orange zest and spices. The result is a satisfyingly syrupy-sticky cake that is wonderfully delicious.

Preparation:

1. Heat the oven to 150 C (300 F). Coat an 20-cm (8-inch) springform pan with cooking spray, then line the bottom with parchment paper.
2. In the bowl of a food processor, pulse together the almonds, coconut and matzo until the mixture is reduced to coarse crumbs.
3. In the bowl of a stand mixer, combine the eggs, honey, sugar and salt. Beat with the whisk attachment on high until very thick, about 7 to 8 minutes. Stir in the zest, cinnamon and cardamom. Fold the coconut and almond mixture into the eggs in 2 batches. Pour the mixture into the prepared pan. Bake until a toothpick inserted at the centre comes out with a few moist crumbs, 35 to 40 minutes.
4. While the cake bakes, make the syrup. In a small saucepan over medium-high, combine the water, sugar, honey, orange juice and cardamom. Bring to a boil and cook, stirring, until the sugar is dissolved. Set aside.
5. When the cake is finished baking, use a skewer to poke holes across the surface of the cake. Pour 160 ml (2/3 cup) of syrup over the cake. Allow to cool.
6. To serve, run knife along the outside of pan and remove sides of the pan. Transfer to serving platter and remove bottom of the pan. Peel off the parchment paper if it doesn't come off. Top with toasted coconut and serve with extra syrup.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS



▶ This Honey Coconut Cake replaces flour with a blend of matzo meal and ground nuts.

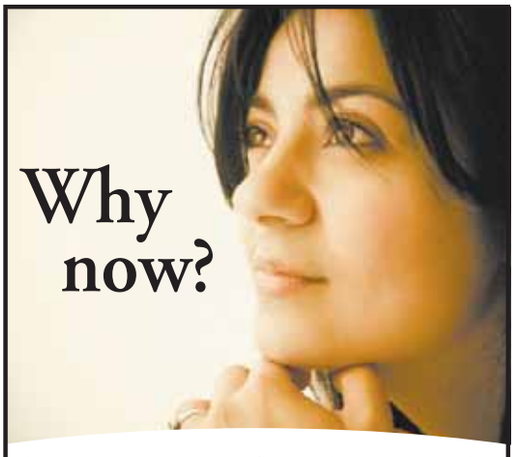
Ingredients:

For the cake:
- 250 ml (1 cup) sliced almonds
- 250 ml (1 cup) shredded unsweetened coconut
- 80 ml (1/3 cup) matzo meal
- 4 eggs
- 125 ml (1/2 cup) honey
- 60 ml (1/4 cup) sugar
- 1 ml (1/4 tsp) salt
- Zest of 1 orange
- 2 ml (1/2 tsp) cinnamon
- 2 ml (1/2 tsp) ground cardamom

For the syrup:
- 125 ml (1/2 cup) water
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) honey
- 60 ml (1/4 cup) orange juice
- 1 ml (1/4 tsp) ground cardamom

To serve:
- 125 ml (1/2 cup) shredded coconut, toasted

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Paltrow showcases culinary skills

Gwyneth Paltrow has added a cookbook to her resume with the release of My Father's Daughter, sponsored by One Kings Lane. The book is filled with family recipes and pays tribute to Paltrow's dad, who passed away in 2002. She credits him with teaching her how to cook.

What are some of your fondest memories of cooking with your dad?

The togetherness of being next to him. We didn't talk a lot when we were cooking. We were very concentrated. It was that proximity. Sometimes he would throw out some hilarious criticism but in a sweet way.

People see you as this celebrity, but do you really cook?

Every day. I think it is really important to make food yourself. It is so ingrained. I don't really think about it. I will just get a bunch of ingredients and cook whatever is around. I am kind of always on the fly making stuff. THE ASSOCIATED PRESS

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA



RECYCLING IDEAS ON VHS MOVIES

Do you have a suggestion for recycling VHS tapes ***Maureen of Port Moody, B.C.***



Oh VHS tapes; those were the days. If the ones you own are too damaged to view and hence donate or give away, recycling is an option. The Recycling Council of BC has a great website (rcbc.bc.ca) with an easy-to-use search engine, or what they call the RCBC Recyclepedia. All you have to do is select the type of material you want to recycle, "electronic," then the item, "VHS tapes," and select the city you live in. It's that simple.

The bad news from the Recycling Council of BC is that "VHS and audio cassette tapes are difficult to recycle because the ribbon of tape cannot be recycled, only the plastic portion. Some companies request that you take the ribbon out of the cassette before you drop them off." I won't keep you in suspense; the results for your area are: London Drugs — Green Deal Recycling Program at greendeal.ca or Pacific Mobile Depots at pacificmobiledepots.com.

Given RCBC's cautionary note, I'd suggest calling ahead before you start pulling out reels of tape. I'm not aware of chemicals found on or leaching from the tape. You could always wear gloves if you're concerned.

Live outside of B.C? Check out earth911.com.

David Suzuki Foundation



Eco-friendly wedding

When it comes to your wedding look to the backyard

Depending on your petal of choice, wedding flowers can drastically weigh down your budget — especially if they're not in season or grown locally.

Rather than paying for exports, why not follow in the footsteps of Kate Middleton (who will have an arrangement full of myrtle and other petals) and walk down the aisle with a gorgeous bouquet comprised of flowers and herbs? Take a peak at your own garden or head to your local florist and don't be afraid to ask for seasonal petals.

CARLO MENDOZA FLOWERS PINK TWIG



As for herbs, lavender, basil, mint and thyme are easily found at the grocery store, and will not only look beautiful in a mixed bouquet but smell fragrant too.

ROSEANNE DELA ROSA/ WEDDINGBELLS

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Turning Point

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CLEANING UP IN THE BUSINESS WORLD

She was fired from her first job — on the first day she reported to work. Her employers told the new immigrant from Hong Kong that her English language skills weren't strong enough. It was only a brief setback for the determined young woman.

Today, the successful married mother of two is running her own business, calling the shots and inspiring others to follow her lead.

Studying economics at York University, Amanda went on to land a job at IBM in client relations. "I talked to a lot of business owners and really got inspired," she said.

Months of research followed. She came up with a business plan and decided to start her own cleaning company.

Her mother was incredulous. "Are you nuts? You're leaving your six-figure job at IBM to clean toilets?"

Now four years later, the award-winning entrepreneur has 20 employees at Clean4Me and is looking into franchising her successful operation.

"Let go of your fears, doubts and disbeliefs. Be courageous, embrace change and start believing in your dreams," she said.

Amanda Collucci did and now she's her own boss. Her mom is proud.

Amanda's tips:

- **Know** your purpose and understand why you're in business.
- **Understand** the industry and what resources you will need.
- **Find** a mentor or advisor. It will accelerate your success.
- **Believe** in yourself and conquer your fears. Have faith and know that you can get through any challenges.
- **Think** big, dream big and play big. Don't set limits.

SUBMITTED



▶ Amanda Collucci, president and CEO of Clean4Me Inc., accepting the Best Start Up award from the Association of Canadian Chinese Entrepreneurs.

Turning internships into job opportunities

STUDENT VOICE

CARLA KAVINTA TALENTEGG.CA

I recently got hired as an intern at KBS+P, a marketing and advertising firm in downtown Toronto. Although I have learned a great deal from sitting in on meetings and completing project tasks, the most valuable and practical skills I have learned were from having one-on-one meetings with executives in the company.

I was surprised by not only their willingness, but also their eagerness to share their knowledge and experience.

What shocked me most was that these senior people approached me to share their knowledge of the industry, as well as provide their advice on career goals and how to succeed in the advertising business.

They have continually followed up with practical advice and have generously shared an ample amount of reading material to explore the industry further.

Most importantly, they have made a genuine commitment to educating their interns, knowing that we could potentially be the future of the company.

Their sincere interest in my career development has inspired me to work for the firm and has pushed me to work hard for the company.

Where Carla is now

I am currently finishing my last year in the commerce program at the University of Toronto. I was accepted to a global internship program for the summer and hope to return to KBS+P in the fall.

Key take-aways from Carla's school-to-work transition

- Take on internships while you're still in school to gain work experience.
- Ask senior executives for their career advice — they've been where you are and know what it takes to succeed.
- Use your new connections to help you land a job after graduation. If you go above and beyond during your internship, they're more likely to hire you after graduation.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

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▶ Carla Kavinta

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Top prospect in high demand

Nathan MacKinnon in no rush as QMJHL teams, U.S. colleges line up for his services



MATTHEW WUEST
@METRONEWS.CA

The NCAA remains a very real possibility for Nathan MacKinnon.

The 15-year-old centre from Cole Harbour, who has been unofficially anointed the No. 1 prospect for the QMJHL draft on June 4, is contemplating his future as he finishes up his school year at Shattuck-St. Mary's in Faribault, Minn.

According to his father, Graham, Nathan has visited a number of U.S. colleges and is interested in Boston College, Vermont and North Dakota, among a handful of others.

"He likes the hockey down there, the schools down there and the programs down there," said Graham. "He's really keeping that option open, thinking about it, and he's thinking about the Q, too. At this time, he's still mulling it all over."

The Baie-Comeau Drakkar hold the top pick in the QMJHL draft followed by the Rouyn-Noranda Huskies, Rimouski Oceanic and Halifax Mooseheads.

Graham said his son has not yet visited Baie-Comeau — a remote city in northern Quebec with a population of less than 30,000 — and said there are no plans for him to do so.

But Drakkar management has said it wants to sell MacKinnon on what it has to offer, and the MacKinnons are willing to listen.

"You're always open to what anybody has to say," Graham said. "It wouldn't be very respectful if you didn't."

He said there is no timetable for a decision between the QMJHL and NCAA, but emphasized it's not something that will be rushed.

"It's a big choice and a big decision in his life, so there's no time set," he said. "It might go right up to (the draft) or he might decide before that to go NCAA."

This season

- Nathan MacKinnon had 85 points in 34 games with Shattuck-St. Mary's this season, and starred with Team Atlantic at the world under-17 challenge and with Team Nova Scotia at the Canada Winter Games.

RYAN TAPLIN/METRO



▶ Nathan MacKinnon during his time with Team Nova Scotia at the Canada Winter Games in Halifax in February.

Juniors knocked from playoffs

The Montreal Juniors, who finished second overall in the QMJHL and eliminated the Halifax Mooseheads in the first round, fell 6-3 to the host Lewiston Maineiacs last night in Maine to lose the best-of-seven quarter-final 4-2.

Stefan Fournier scored two goals and an assist to lead the Maineiacs, who finished eighth overall, 18 points behind the Juniors.

24 Number of points in 10 games for Jonathan Audy-Marchessault, a Remparts forward who leads the QMJHL playoffs in scoring.

The Maineiacs will join the Saint John Sea Dogs and Gatineau Olympiques in the QMJHL's final four. The Sea Dogs completed a five-game series win over the Victoriaville Tigres, while the Olympiques took out the Drummondville Voltigeurs in six.

The only quarter-final series that has not yet been decided is between the Quebec Remparts and Shawinigan Cataractes. The series is tied 3-3, with Game 7 tomorrow at 8 p.m. METRO

Sports in brief

Nova Scotians join marathon

BOSTON. The 115th running of the Boston Marathon will take place today starting in Hopkinton, Mass., at 11 a.m. There are 105 Nova Scotians registered, including Halifax's Rami Bardeesy as the lone registrant in the elite men's race. METRO

Titans battle in midget finals

HOCKEY. The puck drops on the Telus Cup Canadian midget hockey championship today in St. John's, N.L. The Halifax Titans are representing Atlantic Canada and open against the host St. John's Privateers today at 7 p.m. METRO

4 sports



HALIFAX MOOSEHEADS RIGHT-WINGER MARTIN FRK HAS A TEAM-LEADING GOAL AND TWO ASSISTS THROUGH THREE GAMES WITH THE CZECH REPUBLIC AT THE IIHF WORLD UNDER-18 CHAMPIONSHIP IN GERMANY. THE CZECHS HAVE A 2-1 RECORD. CANADA, FEATURING MOOSEHEADS CENTRE BRENT ANDREWS, HAS A 2-0 RECORD AND FACES NORWAY TODAY. THE CZECHS HAVE THE DAY OFF.

Scan code for more sports

NBA. Rivalry



▶ Boston's Paul Pierce is defended by Bill Walker of the New York Knicks in Game 1 of the Eastern Conference quarter-finals yesterday.

ELSA/GETTY IMAGES

Celtics rally to come back

Ray Allen hit a go-ahead three-pointer with 12 seconds left, Paul Pierce shut down Carmelo Anthony and the Boston Celtics rallied to beat the New York Knicks 87-85 in their playoff opener yesterday. THE ASSOCIATED PRESS

Canucks have Hawks in 3-0 hole

Champs on the ropes after failing to cash in on power plays

Mikael Samuelsson scored the go-ahead goal in the third period, Roberto Luongo made 30 saves and the Vancouver Canucks moved within a victory of sweeping defending Stanley Cup champion Chicago, beating the Blackhawks 3-2 last night.

The Canucks, with the best record in the NHL during the regular season, can finish the series off tomorrow night at the United Center in Chicago.

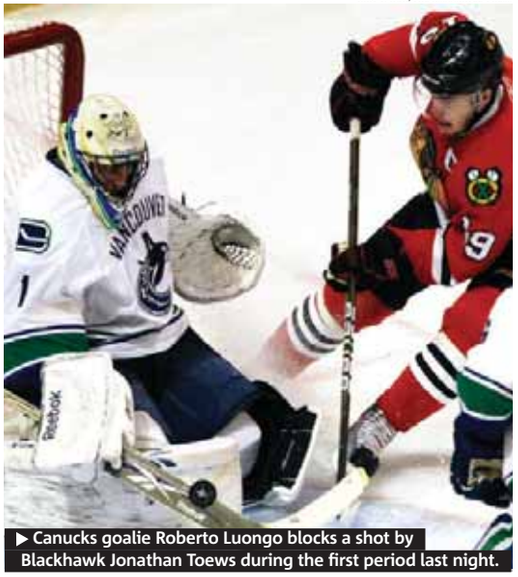
Christian Ehrhoff and Daniel Sedin also scored for the Canucks, eliminated by the Blackhawks in the previous two playoffs.

Duncan Keith and Patrick Sharp had power-play goals for the Blackhawks, but it was a night of missed chances for Chicago. The Blackhawks had seven power-play opportunities overall, including a 5-on-3 in the first period when they led 1-0, but were turned away by Luongo and the Canucks' penalty kill.

3	2
CANUCKS	HAWKS

THE ASSOCIATED PRESS

NAM Y. HUH/THE ASSOCIATED PRESS



▶ Canucks goalie Roberto Luongo blocks a shot by Blackhawk Jonathan Toews during the first period last night.

Rangers' offence comes to life in Manhattan

Brandon Dubinsky's goal with 1:39 left snapped a tie, and the Rangers' struggling offence woke up enough to beat the Washington Capitals 3-2 yesterday to get New York back into the first-round playoff series.

After the Rangers managed only one goal in two losses at Washington, Dubinsky, Vinny Prospal and Erik Christensen figured out young Capitals goalie Michal Neuvirth to help New York cut the series deficit to 2-1.

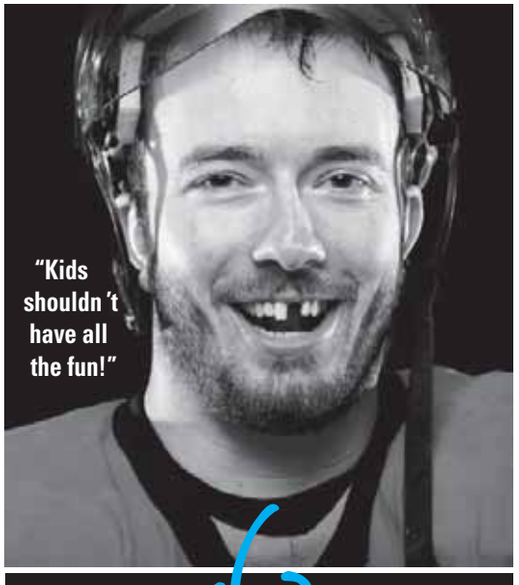
Henrik Lundqvist was sharp again, making 24 saves for the win. New York got 35 shots through on Neuvirth after a combined 47 in the opening two games — 2-1 and 2-0 losses.

The Capitals are 1-4 in series in which they lead 2-0.

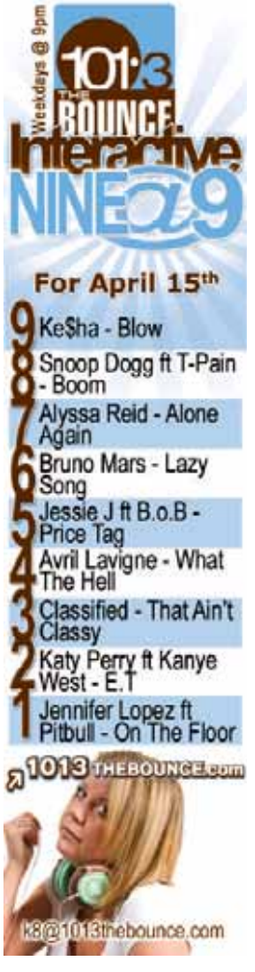
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RANGERS	CAPITALS

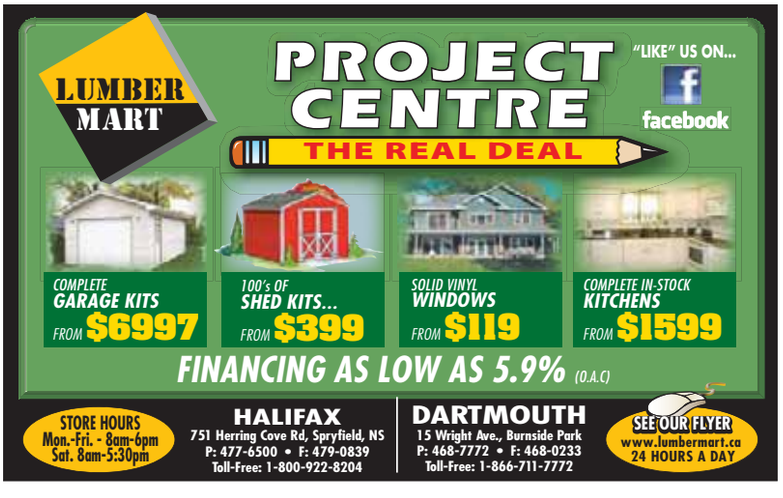
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If you meet the above criteria, please send your resume to the attention of Jennifer Wall by midnight Tuesday April 26th.

By fax: 1-800-972-7780
By e-mail: jennifer.wall@statcan.gc.ca or
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Please note: Statistics Canada is committed to the principles of diversity and employment equity under the Employment Equity Act, and strives to ensure that our workforce reflects the diverse nature of Canadian society. We encourage women, Aboriginal peoples, people with disabilities and visible minorities to self-identify.

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Par télécopieur : 1-800-972-7780
Par courriel : jennifer.wall@statcan.gc.ca ou
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Veuillez noter : Statistique Canada s'est engagé à respecter les principes de diversité et d'équité en matière d'emploi énoncés dans la Loi sur l'équité en matière d'emploi et veut s'assurer que son effectif soit le reflet de la diversité de la société canadienne. Le ministère invite les femmes, les Autochtones, les personnes handicapées et les membres des minorités visibles à préciser volontairement leur groupe d'appartenance.

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SXT
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STK# 362036


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All Wheel Drive
Reduced to Just
$29,777
STK# 11GC3562A


2010
Jeep Grand Cherokee
Limited
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STK# CH144355


2010
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Limited
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STK# CH581088


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STK# 11GC6048A


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3.0L
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$16,985
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V6, automatic
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2006
Mazda 3
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automatic
Only 80k kms
$11,985
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2007
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3.5 L, V6
automatic
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MISCELLANEOUS

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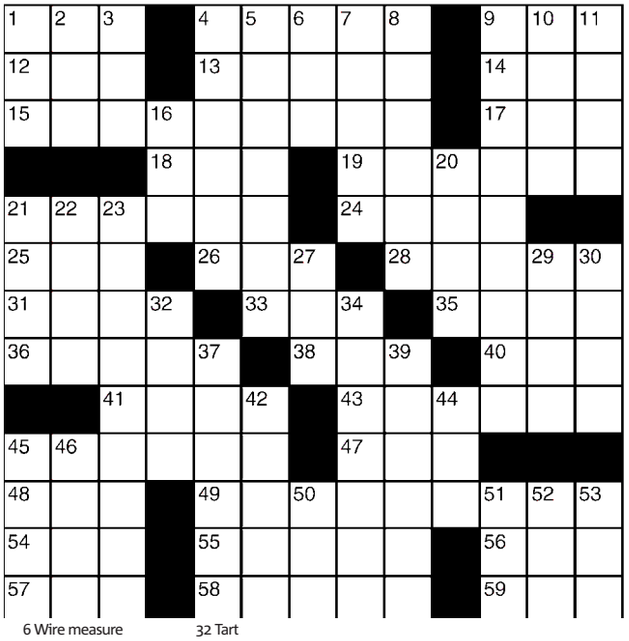
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Crossword



Across

1 — out a living
4 Macho type
9 Pigpen
12 Journal
13 Like a crone
14 Rage
15 1999 Brad Pitt movie
17 Pistol
18 Gold, in Guadalajara
19 Makes a crumbly mass of
21 Like some calves
24 Coin aperture
25 Japanese sash
26 Society newcomer
28 Tapestry
31 Carpeting
33 Poorly lit
35 Snitch
36 Group spirit
38 — -10 Conference
40 — glance
41 Ballet frill
43 By chance
45 Reflector
47 Gen. Lee's grp.
48 Tokyo's old name
49 About 5.88 trillion miles
54 Mountain
55 Painting support
56 Tear
57 Casual shirt
58 Colouration
59 Upper limb

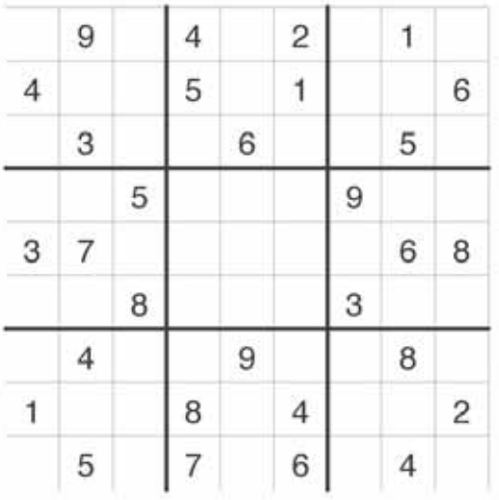
Down

1 Sprite
2 Pond carp
3 Ovum
4 Odium
5 Wrote cryptograms, maybe
6 Wire measure
7 Graduates
8 Space cloud
9 Play music without preparation
10 Verifiable
11 Longings
16 Stolen
20 Category
21 Fairway warning
22 Touch
23 Dangerous place to walk
27 Marceau character
29 Choir voice
30 Bang the door
32 Tart
34 Moved to Sousa music
37 Some fur pieces
39 Rook
42 Dickens' Mr. Heep
44 Aye canceler
45 Vegan's no-no
46 Between jobs
50 Fed. purchasing org.
51 Historic period
52 Melody
53 Spinning stat

▶ Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Hii dimples! You are the best part of my life! I know it is hard right now with your ankle but youre the bravest person I know! I have alot of fun with you whatever we do. I love you lots and lots! Love always, **SWEETCHEEKS.**

*mavis Friends And Fun, boo mavis... wanna send this to you and muwah & hugs.. have fun ok! *winks* From* **ROMAN**

chia pet Love Birds, If you like Pina Coladas, and getting caught in the rain. If you're not into yoga, if you have half-a-brain. If you like making love at midnight, in the dunes of the cape. I'm the lady you've looked for, write to me, and escape."From **WHERES THE DUCK???**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Expect partners and loved ones to be a little touchy.

♉ Taurus April 21-May 21 Don't give people the impression that you agree with them when you don't.

♊ Gemini May 22-June 21 Something out of the ordinary is going to happen but there is nothing you can do about it.

♋ Cancer June 22-July 22 Make sure that employers know you are serious about wanting to move up in the world.

♌ Leo July 23-Aug.23 Do what you have to do today, and tomorrow will be all for you.

♍ Virgo Aug. 24- Sept. 22 you may be a bit short of cash over the next few days. No matter.

♎ Libra Sept. 23-Oct. 23 You've got a bad feeling about what a friend or colleague is trying to get you involved in.

♏ Scorpio Oct. 24-Nov. 22 Put your own interests first and don't let others succeed in persuading you that you are obliged to them in some way.

♐ Sagittarius Nov. 23-Dec. 21 You must not let other people copy your big idea and call it their own.

♑ Capricorn Dec. 22-Jan. 20 Take care when dealing with employers and work colleagues over the next 24 hours

♒ Aquarius Jan. 21-Feb. 18 Do you carry on with a project or do you give up on it?

♓ Pisces Feb. 19-March 20. You will have to make sacrifices today you may be worse off financially. **SALLY BROMPTON**

Caption contest

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ROBERT F. BUKATY/THE ASSOCIATED PRESS



WIN!

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